

FISH WITH LOW MERCURY

Anchovies♥

Catfish—
farm raised

Clams

Cod

Crab

Flatfish—
*Flounder, Plaice,
Sole*

Haddock

Herring♥

Mackerel—
*Atlantic, Jack,
Chub♥*

Mullet

Oysters—cooked

Pollock

Rainbow Trout—
farm raised♥

Salmon—
*wild or farm
raised♥*

Sardines♥

Scallops

Shad—
American♥

Shrimp

Squid

Tilapia

Tuna—
*Canned Light or
Skipjack*

Whitefish♥

Whiting